



Thüringer Ranglistenlauf Langstrecke

Erfurt / 21.10.2018

Detailed evaluation

Lösch, Steffen

Club: USV Jena

Total time: 36:24

Running performance: 7:16 min/km

Course: 5.00 km / 19 Controls

Category:

Herren ab 45

Rank in category: 1(of 10)

Best time in the category: 36:24

Behind: -

Intermediate times

Controls	Split Time	Pos Cat.	Behind Cat.	Behind %	Total Time	Pos Cat.	Behind Cat.	Behind %
1 (47)	2:08	5	0:25	24.3	2:08	5	0:25	24.3
2 (70)	0:58	1	-	-	3:06	2	0:01	0.5
3 (52)	1:18	1	-	-	4:24	1	-	-
4 (202)	1:43	1	-	-	6:07	1	-	-
5 (38)	1:57	8	1:57	-	8:04	1	-	-
6 (34)	1:18	3	0:11	16.4	9:22	2	0:07	1.3
7 (70)	2:09	1	-	-	11:31	2	0:02	0.3
8 (44)	1:30	1	-	-	13:01	1	-	-
9 (40)	2:05	2	2:05	-	15:06	1	-	-
10 (39)	1:00	1	-	-	16:06	1	-	-
11 (57)	2:39	7	2:39	-	18:45	2	0:07	0.6
12 (70)	4:07	7	1:35	62.5	22:52	2	0:07	0.5
13 (54)	2:45	1	-	-	25:37	2	0:02	0.1
14 (67)	1:26	1	-	-	27:03	2	0:02	0.1
15 (62)	1:05	2	0:03	4.8	28:08	2	0:05	0.3
16 (72)	0:51	1	-	-	28:59	1	-	-
17 (65)	4:09	1	-	-	33:08	1	-	-
18 (69)	1:49	1	-	-	34:57	1	-	-
19 (100)	1:08	5	0:20	41.7	36:05	1	-	-
Finish	0:19	1	-	-	36:24	1	-	-